



Activity Guide - February 2020

Seniors Programs and Services

Monthly Spotlight

WISE Mobile Active Living Centre is hosting another day trip! Join us on Friday, March 13 as we travel to McMichael Art Gallery. Complete details are listed inside of the Activity Guide.

705-645-2100 ext. 4199 OR (Toll Free) 1-800-461-4215, ext. 4199
seniorsprograms@muskoka.on.ca
www.muskoka.on.ca/seniorsprograms

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WISE stands for Wellness Initiatives for Seniors Engaged. WISE Mobile Active Living Centre offers programs for older adults 55+ in multiple locations across Muskoka. Our core programs include Community Connect, Workshops, Happy Days, Intergenerational Mentorship Programs, and Fitness Programs. New participants are required to complete a program registration form, which is available at www.muskoka.on.ca/seniorsprograms or onsite at your first WISE program. Programs are free of charge. Although a donation box is available at each program, participants are under no obligation to contribute.

Community Connects

Community Connect is a two hour program offered once or twice a month in multiple locations across Muskoka. Each Community Connect features educational, recreational, or entertaining topics. Anyone 55+ is welcome. Please RSVP by 1:00 p.m. one business day before each program by calling our information line. We love to welcome new participants and hope that you will join us at a location near you! Please note, activities and decoration themes are subject to change.

Baysville Autumn Leaves Centre, 12 University Avenue, Baysville

Monday, February 24

Decoration Theme: Enchanted Woodland

1:30 p.m.	Meet and Greet
1:45 p.m.	Art Class—Nancy Hunter

Bracebridge - 124 Alice Street, Bracebridge

Tuesday, February 18

Decoration Theme: Enchanted Woodland

1:30 p.m.	Meet and Greet
1:45 p.m.	Theatrical Improvisation Games—Muskoka Stageworks
2:45 p.m.	Snack

Bracebridge - 100 Oakwood Heights, Bracebridge

Wednesday, February 12

Decoration Theme: Up, Up, and Away

1:30 p.m. Meet and Greet

1:45 p.m. Cooking for One—Impact Café

*Please call individually to register, spaces are limited

Bracebridge - 200 Oakwood Heights, Bracebridge

Wednesday, February 19

Decoration Theme: Enchanted Woodland

1:30 p.m. Meet and Greet

1:45 p.m. Painted Land: In Search of the Group of Seven, Documentary

Bracebridge Centre for Active Living, 54 Dominion St., Bracebridge

Monday, February 10

Decoration Theme: Up, Up, and Away

10:15 a.m. Meet and Greet

10:30 a.m. Speaking of Wildlife—Animal Presentation

11:30 a.m. Lunch

Bracebridge - McVittie Place, 102 Pine Street, Bracebridge

Thursday, February 6

Decoration Theme: Up, Up, and Away

10:00 a.m. Meet and Greet

10:15 a.m. Paying Attention to Keep Safe—VON SMART Program

11:30 a.m. Lunch

Thursday, February 20

Decoration Theme: Enchanted Woodland

10:00 a.m. Strengthening Exercises with Exercise Balls

10:15 a.m. Victor Borge Comedy and Music DVD

11:30 a.m. Lunch

Community Connects

Dwight Community Centre, 1014 Dwight Beach Road, Dwight

Tuesday, February 11

Decoration Theme: Up, Up, and Away

- 10:30 a.m. Meet and Greet
- 10:45 a.m. Zoo to You—Animal Presentation
- 12:00 p.m. Lunch

Tuesday, February 25

Decoration Theme: Enchanted Woodland

- 10:30 a.m. Meet and Greet
- 10:45 a.m. Cupcake Decorating—Muskoka OSPCA Fundraiser
- 12:00 p.m. Lunch

Gravenhurst - 175 Lofty Pines Drive, Gravenhurst

Tuesday, February 11

Decoration Theme: Up, Up, and Away

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Painted Land: In Search of the Group of Seven, Documentary

Tuesday, February 25

Decoration Theme: Enchanted Woodland

- 1:30 p.m. Strengthening Exercises with Exercise Balls
- 2:00 p.m. Cupcake Decorating—Muskoka OSPCA Fundraiser

Gravenhurst - Muskoka Community Services Hub, 141 Main Street

Monday, February 10

Decoration Theme: Up, Up, and Away

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Cupcake Decorating—Muskoka OSPCA Fundraiser

Monday, February 24

Decoration Theme: Enchanted Woodland

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Theatrical Improvisation Games—Muskoka Stageworks
- 11:30 p.m. Lunch

MacTier Memorial Arena, 9 Haig Street, MacTier

Thursday, February 6

Decoration Theme: Up, Up, and Away

1:30 p.m. Meet and Greet

1:45 p.m. Painted Land: In Search of the Group of Seven, Documentary

Thursday, February 20

Decoration Theme: Enchanted Woodland

1:30 p.m. Snack Bar Creations

2:15 p.m. On the Same Page (Band) - Musical Entertainment

Milford Bay Community Centre, 1020 Beaumaris Road, Milford Bay

Wednesday, February 5

Decoration Theme: Up, Up, and Away

10:30 a.m. Meet and Greet

10:15 a.m. Games Day

12:00 p.m. Lunch

Wednesday, February 19

Decoration Theme: Enchanted Woodland

10:30 a.m. Meet and Greet

10:45 a.m. Cooking for One—Impact Café *Please call individually, spaces are limited

12:00 p.m. Lunch

Port Carling Community Centre, 3 Bailey Street, Port Carling

Wednesday, February 12

Decoration Theme: Up, Up, and Away

10:00 a.m. Meet and Greet

10:15 a.m. Making Reusable Beeswax Food Wraps

11:30 a.m. Lunch

Wednesday, February 26

Decoration Theme: Enchanted Woodland

1:30 p.m. Meet and Greet

1:45 p.m. Cupcake Decorating—Whimsical Bakery

Community Connects

Port Severn - Baxter-Ward Community Centre, 279 Honey Harbour Rd.

Tuesday, February 5

Decoration Theme: Up, Up, and Away

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Hear Well Be Well—Nancy Robinson
- 11:30 a.m. Lunch

Tuesday, February 18

Decoration Theme: Enchanted Woodland

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Speaking of Wildlife—Animal Presentation
- 11:30 a.m. Lunch

Port Sydney Community Hall, 607 Muskoka Road 10, Port Sydney

Monday, February 10

Decoration Theme: Up, Up, and Away

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Cupcake Decorating—Muskoka OSPCA Fundraiser

Monday, February 24

Decoration Theme: Enchanted Woodland

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Pelvic Floor Health—Physio Works Muskoka
- 2:45 p.m. Snack Bar Creations

Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

Tuesday, February 4

Decoration Theme: Up, Up, and Away

- 10:00 a.m. Meet and Greet
10:15 a.m. Program Overview—Simcoe Muskoka District Health Unit
11:30 a.m. Lunch

Severn Bridge Community Hall, 1035 Southwood Road, Severn Bridge

Tuesday, February 11

Decoration Theme: Up, Up, and Away

- 10:00 a.m. Meet and Greet
10:15 a.m. Cupcake Decorating—Whimsical Bakery
11:30 a.m. Lunch

Tuesday, February 25

Decoration Theme: Enchanted Woodland

- 10:00 a.m. Meet and Greet
10:15 a.m. Zoo to You—Animal Presentation
11:30 a.m. Lunch

Torrance Community Centre, 1030 Torrance Road, Torrance

Wednesday, February 5

Decoration Theme: Up, Up, and Away

- 1:30 p.m. Meet and Greet
1:45 p.m. I.D.A.-Gravenhurst Pharmacy Visit
"What a Pharmacist Can Do for You"

Wednesday, February 26

Decoration Theme: Enchanted Woodland

- 10:00 a.m. Meet and Greet
10:15 a.m. Planet Earth BBC Documentary DVD
11:30 a.m. Lunch

Community Connects

Ullswater Community Centre, 1503 Old Parry Sound Road, Utterson

Monday, February 10

Decoration Theme: Up, Up, and Away

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| 10:15 a.m. | Meet and Greet |
| 10:30 a.m. | Keeping a Healthy Brain—VON SMART Program |
| 11:30 a.m. | Lunch |

Monday, February 24

Decoration Theme: Enchanted Woodland

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| 10:15 a.m. | Meet and Greet |
| 10:30 a.m. | Pelvic Floor Health—Physio Works Muskoka |
| 11:30 a.m. | Lunch |

Vankoughnet Village Square, 1198 Vankoughnet Road, Bracebridge

Tuesday, February 18

Decoration Theme: Enchanted Woodland

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| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | Making Reusable Beeswax Food Wraps |
| 11:30 a.m. | Lunch |

Word on WISE—Referral Program

Fill in a **Word on WISE** invitation—be sure to include your name, program location and your friend's name on the card. Bring the invitation to any WISE program to enter, all returned cards will be entered in a monthly draw for a chance to **WIN!**

Each participant will receive a \$10 gift card of their choosing and must be registered with Seniors Programs and Services. We hope to have a picture with the winning participants to showcase this new program.

Thank you for helping us spread the **Word on WISE!**

Fitness Programs

Combined Fitness Class

This non-impact class incorporates a safe cardio workout, balance training, strength and endurance training, stretching, and lots of fun!

Ullswater Community Centre, 1503 Old Parry Sound Road, Ullswater

Monday mornings, beginning Monday, January 6, 2020.

9:30—10:15 a.m.

100 Oakwood Heights, Bracebridge

Wednesday mornings, January 8 through February 26, 2020

10:00—10:45 a.m.

MacTier Memorial Arena, 9 Haig Street, MacTier

Thursday afternoons, January 16 through March 5, 2020

12:30—1:15 p.m.

Workshops

Decoration Preparation Day

Help prepare next month's WISE decorations while enjoying a cup of tea and the company of others!

McVittie Place, 102 Pine Street, Bracebridge; (Third Floor Activity Room)

Thursday, February 27, 2020; 10:00 a.m. to 12:00 p.m.

Handbell Choir

Interested in sharing your musical experience with others? Not experienced in music but want to learn a new skill? Looking for a social program where you can meet new people? If yes, the Muskoka Bell Ringers may be the program for you! Learn to play well known songs while enjoying the company of other members. Rehearsals will culminate with a performance in June. Choose the rehearsal location that works best for you!

Wednesdays beginning March 18 and ending June 17, 2020

McVittie Place, 102 Pine Street, Bracebridge; 9:30 to 10:15 a.m.

Port Carling Community Centre, 3 Bailey Street, Port Carling; 12:30 to 1:15 p.m.



Join us on Friday, March 13, 2020 to the **McMichael Art Gallery** to explore their Canadian Collection of artwork. We will enjoy lunch and a guided tour.

This trip will include four pick up and drop off locations: Huntsville Walmart (8:30 am), Bracebridge Walmart (9:10 am), Gravenhurst Canadian Tire (9:30 am) and Orillia TBD (10:30 am).

Registration opens on Thurs., Feb. 13 at 8:30 am

Please call individually to register as

limited spaces are available.

To Register, please call (705) 645-2100 ext. 4199
Learn more: www.muskoka.on.ca/seniorsprograms